



Blue Cheese Veal Chops

 Gluten Free

READY IN



24 min.

SERVINGS



4

CALORIES



780 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14 ounce artichoke hearts drained coarsely chopped quartered canned
- 1 ounce cheese blue crumbled
- 0.5 cup spring onion chopped
- 0.3 teaspoon pepper black
- 0.5 teaspoon turmeric
- 1 cup rice instant uncooked
- 0.3 teaspoon paprika
- 0.3 teaspoon salt

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- 24 ounce veal loin chops trimmed ()
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- 1 cup water
- 1 tablespoon yogurt (such as Brummel & Brown)

Equipment

- bowl
- sauce pan
- broiler
- broiler pan

Directions

- Preheat broiler.
- Bring water to a boil in a medium saucepan.
- Combine 1/2 teaspoon salt, pepper, and paprika in a small bowl.
- Sprinkle both sides of chops with seasoning mixture.
- Place chops on a broiler pan coated with cooking spray, and broil 6 to 7 minutes on each side or until desired degree of doneness.
- Add rice to boiling water; remove from heat, cover, and let stand 5 minutes. Stir in turmeric, 1/4 teaspoon salt, artichokes, and green onions.
- Combine blue cheese and yogurt spread in a small bowl; spoon over veal chops. Broil chops and blue cheese 20 seconds or until cheese melts.
- Serve chops over rice mixture.

Nutrition Facts

 **PROTEIN 37.3%**  **FAT 40.19%**  **CARBS 22.51%**

Properties

Glycemic Index:47.8, Glycemic Load:22.56, Inflammation Score:-9, Nutrition Score:34.567391479793%

Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 779.85kcal (38.99%), Fat: 33.66g (51.79%), Saturated Fat: 14.73g (92.06%), Carbohydrates: 42.42g (14.14%), Net Carbohydrates: 39.84g (14.49%), Sugar: 1.4g (1.56%), Cholesterol: 274.72mg (91.57%), Sodium: 1182.83mg (51.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 70.29g (140.59%), Vitamin B3: 29.76mg (148.78%), Vitamin B6: 1.91mg (95.37%), Phosphorus: 768.24mg (76.82%), Vitamin B12: 3.88µg (64.69%), Zinc: 8.69mg (57.92%), Selenium: 37.14µg (53.06%), Vitamin B2: 0.89mg (52.1%), Vitamin B5: 5.05mg (50.48%), Vitamin K: 45.15µg (43%), Potassium: 1158.69mg (33.11%), Manganese: 0.65mg (32.73%), Magnesium: 96.06mg (24.01%), Copper: 0.45mg (22.45%), Vitamin B1: 0.28mg (18.79%), Iron: 3.21mg (17.83%), Folate: 59.01µg (14.75%), Calcium: 123.19mg (12.32%), Fiber: 2.58g (10.33%), Vitamin E: 1.07mg (7.14%), Vitamin A: 245.9IU (4.92%), Vitamin C: 2.44mg (2.96%)